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COFFEEOLOGY:

*Espresso yourself
So many blends, so little time
Take life one sip at a time
Stay grounded
Better Latte than never
Take time to smell the cover*



www.CoffeeSphere.com

Weekly English Practice

3rd November 2016

English
Coaching
Projects S.Coop.

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The waste mountain of coffee cups

Every day hundreds of thousands of Britons put their coffee cup into a recycling bin. They're wrong - those cups aren't recyclable, and the UK throws away 2.5bn of them a year

to appeal: a quality that causes people to like someone or something

dodgy: in bad condition - causing a lack of trust or confidence - false or dishonest

to clutch: to hold onto (someone or something) tightly with your hand

pointless: having no meaning, purpose, or effect

stock-in-trade: the equipment, merchandise, or materials necessary to or used in a trade or business

hefty: very large

One chilly morning last March - exactly the sort of morning when a warming cafe latte could seem **appealing** - Hugh Fearnley-Whittingstall (a celebrity chef) took to the streets of London in a double-decker bus adorned with 10,000 empty takeaway coffee cups. It might have looked like a piece of **dodgy** conceptual art, but it was actually designed to illustrate the vast volume of takeaway cups thrown away daily in the UK.

The bus didn't represent all of them, though - 10,000 is the number of cups the UK gets through in just two minutes.

The British - like the Americans and Italians - are a nation of caffeine addicts. Walk down any busy street and you'll see people **clutching** coffee-filled cardboard vessels. That adds up to a huge number of used cups - more than seven million a day, or 2.5 billion a year. The sorry truth is, next to none of them are recycled - and the even sorer fact is that no-one's taking responsibility for that, least of all the big coffee retailers who have created this takeaway trash mountain.

Most consumers wrongly assume that paper cups are a "green" choice. It's an assumption coffee companies are happy not to challenge. They know differently, but they're keeping that to themselves. They're not going to tell conscientious consumers that putting a used coffee cup in a recycling bin is **pointless**. But it is.

The takeaway cups that are the **stock-in-trade** of High Street coffee giants such as Starbucks, Caffe Nero and Costa are currently almost impossible to recycle. To make these cups waterproof, the card is fused with polyethylene, a material that cannot be separated out again in a standard recycling mill. What's more, the cups are not even made from recycled material in the first place - the way they are designed means one thin seam of card inside the cup comes into contact with the hot drink, so they have to be made from virgin paper pulp.

And of course, they have very brief lives - just the time it takes to down a macchiato. The millions of coffee cups we use every day are, in effect, virgin materials with a single use, thrown almost immediately into the bin - a horrendous waste, with a **hefty** carbon footprint. These poly-lined cups are, technically, capable of being recycled - a fact that enables coffee companies to describe them as "recyclable".

However, the reality is this is only possible in a highly specialised recycling facility - of which there are only two in the UK. One of these sites has never actually dealt with a single paper cup - the other has processed a very tiny number.

In every meaningful sense, conventional paper coffee cups are not recyclable in Britain.

adapted from: <http://www.bbc.com/news/magazine-36882799>

"Let's chat about that!"

Write your answers in an email and send them to your ECP coach!

- Why is the bus covered in coffee cups?
- Why are coffee cups not being recycled?
- Is takeaway coffee fashionable in your country? Why/not?
- What in your opinion, is the future of the takeaway coffee cup?
- Having read the article, are you less likely to get a takeaway coffee from Starbucks or from one of the other High Street coffee giants?



“iLook, iThink, iSpeak”

Express yourself better!

Talking about coffee

Barista - A person who makes coffee drinks as a profession.

Americano - A shot or two of espresso that has been poured into a cup, which is then filled with hot water.

Bitter - The taste perceived at the back of the tongue.

Blend - A mixture of two or more individual varieties of coffee.

Caffe Mocha - Basically this is a chocolate Caffè latte. Often prepared with whipped cream on top.

Cappuccino - A shot or two of espresso poured into a cup which is then filled with half steamed milk and half foam milk so that it is one third coffee, one third milk and one third milk foam.

Doppio - A double shot of espresso.

Espresso - A brewing method that extracts the heart of the bean. It was invented in Italy at the turn of the century. A machine forces hot water through fine grounds at around nine atmospheres of pressure. It should take between 18 to 23 seconds to extract a good shot. This produces a sweet, thick and rich, smooth shot of espresso.

Espresso Lungo - A shot that is pulled long for a bit of extra espresso.

Espresso Macchiato - Espresso with a minimal amount (or “mark”) of steamed milk on top.

Espresso Ristretto - Literally “restricted” espresso. A shorter draw. The goal being a thicker and more flavourful espresso.

Froth or Foam - Milk which has been made thick and foamy by aerating it with hot steam.

Latte - Prepared by pouring milk into the espresso.

Solo - A single shot of espresso.

English Pintxo Pote



Thursday, 10th November
@ 20.30 @ El Portalón

“To pintxo or not
to pintxo?”

That is the question.

“To socialise in
English and have a
good evening.”

That is not a question, it's a great idea!

Come to our English Pintxo Pote!

See you there!

FRED talks

Fun, Relevant, Engaging Discourse

*Pintxo-sized presentations of
thought-provoking concepts*

*Friday 2nd December
The Molineux Bar @ The ECP Hub*



Come and practise your listening and presentation skills in English!!

If you would like to do a **FRED TALK**, please let us know.

Talk for a maximum of 8 minutes on any topic of your choice.

And if you don't fancy speaking, simply come down to the ECP Hub and support your fellow students by listening to them!

Free food and drinks.

Come and practise your social English :-)

English Pintxo Pote